

22

Abstract

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OCT 03 2006

There is provided a floor-cushion whose structure is such that it (a) enables a person sitting on it to maintain his/her backbone in an appropriate posture, while (b) causing little fatigue in the sitter's muscles, even during long-time sitting. The inside of said floor-cushion (1) is divided into a buttocks-supporting portion (1A) and a legs-crossed portion (1B). The buttocks-supporting portion is filled with cork chips (2), while in the legs-crossed portion a hard-foam resin layer (3) is enwrapped by two soft-foam resin layers (4), so that the legs-crossed portion has a three-layer structure. The buttocks-supporting portion is made thicker than the legs-crossed portion, so that the buttocks-supporting portion inclines downward toward the legs-crossed portion, so as to promote forward inclination of the pelvis.